

913th Airlift Wing, Willow Grove ARS, Pa. Air Force Reserve

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**Next UTAs: August 4-5
September 8-9**

On the cover...

Photo by Capt. Mark Medvesky

SrA. Tanya McIntyre, 327th AS loadmaster sits in the sunlight streaming in from a port hole of a C-130. She's making the first notes in her journal as she starts her first deployment. She joined the U. S. Air Force Reserve in Dec. 2004. She said she wants to log her journey to some day pass it down to her children and grandchildren. Story on Page 6.

QUOTABLE QUOTES

"Combat operations call for a force with ingenuity and courage ... a force that is trained, equipped and ready to deploy at a moment's notice. To achieve this you must maintain your duty and combat skills, health and fitness levels, and take the necessary steps to prepare yourself and loved ones for the road ahead."

—Chief Master Sgt. of the Air Force
Gerald R. Murray

Read the complete Enlisted Perspective "Are You Ready?" on Air Force Link at <http://www.af.mil/library/viewpoints/cmsaf.asp?id=233>



**July 4
Celebrate our independence**

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Command View

Take control of your career

By Lt. Col. Edward R. Aichele III,
Commander, 913 Logistics Readiness
Squadron

During the May UTA Maj. Gen. Martin M. Mazick, 22nd Air Force Commander was at Willow Grove. During his visit he hosted a town hall meeting during which he said do not put your life on hold. "You are in control of the decisions you make concerning your future career." As I read this quote and thought about how true it is and how many times as a squadron commander I could have used that quote as I counseled Junior Officer and Enlisted members of my unit.

I hope we all understood that General Mazick was referring to the actions we can take as we navigate through these times of uncertainty about the future of Willow Grove and our own civilian/military careers. The events of the past year and those that we are about to go through in the future have and will continue to have a definite impact on our careers and our lives. Each one of us has an opportunity to evaluate our options and then make some decisions regarding what direction we should take. Even if you take the "hunker" down approach and refuse to face the reality of the situation by doing nothing, you are still making a decision regarding your future career.

Yes, we now have additional opportunities to consider as we read about the Clearing House and decide if we want to put our names on the list for a position at Pope/Ft. Bragg in North Carolina. Or we can choose to wait until Oct. 1 when the Clearing House is projected to open up nationwide, thus providing the opportu-

nity for each of us to put our name on the list for positions at other locations across the country. Each one of us has to evaluate our personal situation and think about how many years we have left to serve our country and consider the impact of our career decisions on our families.

Consider this question, is this really any different than the decisions we make by our daily actions and career planning? Decisions we make every day always have the potential to impact on our careers, we just may not think about them as often because they are a routine part of daily life. Taking an extra month or more to complete CDC or PME course material, deciding to skip a UTA, not completing the fitness test on time, or not keeping track of your accomplishments to provide strong bullet statements for OPRs or EPRs all have the potential to impact your career. Opportunities may be lost if you do not have this information available when it comes to a promotion, award or selection for a new position.

Yes, the uncertainty of our future at Willow Grove is an immediate issue that we have to consider now. But as we consider it we need to keep focused on our mission and the daily tasks to accomplish that mission. Additionally we all have to give serious consideration to the opportunities that may be in the future and make sure we are personally in the best position to take advantage of these opportunities. This is part of the roller coaster ride we call life, filled with ups and downs twists and turns. We all have a choice



Photo by Tech. Sgt. Alvin Farrow

much like we do at the amusement park, we can ride the merry-go-round and know exactly what the end result will be each time we go around or we can ride the roller coaster where we may not always know what is over the next incline or around the next bend in the track.

As Maj Gen Mazick stated, in this case we are in control of the decisions we make. We all have to take positive steps to evaluate our options as they relate to our careers and family responsibilities. No one will have all the facts they would like to make a decision, but we must evaluate all our options and then decide what options to pursue. Keeping in mind what our overall goal is, based on Air Force Core Values; Integrity, Excellence in all we do and Service Before Self.

I sincerely hope that everyone lands on their feet as they go through this process and no matter what the final outcome is you make the most of your opportunities. Remember success is not a destination, it is a journey.

For all interested personnel . . .

Town Hall Meeting

Auditorium Building 203

**With Colonel Meryl Hart
440th Commander
and
Other 440th Staff Members
To Discuss
Pope AFB progress and opportunities**

**Civilain Briefing
Friday, July 7, 2 p.m.
Military Briefing
Saturday, July 8, 10:45 a.m.**

New civilian personnel system starts for AFRC employees

By Bo Joyner

Air Force Reserve Command Public Affairs

ROBINS AIR FORCE BASE, Ga. — About 70 people assigned to Tinker AFB, Okla., are Air Force Reserve Command's first civilian employees to convert from the General Schedule personnel system to the National Security Personnel System. They were among 3,100 Air Force employees who made the switch to NSPS April 30.

"Their conversion marks the beginning of the landmark transformation of the Department of Defense's human resources from a legacy civilian personnel system, with its rigid structure and heavy reliance on seniority, to a pay-for-performance system that gives each employee the opportunity to be rewarded for excellence," DOD officials said in a press release announcing the conversion.

NSPS is being deployed throughout the DOD incrementally. Each increment is known as a spiral. Each spiral is fur-

ther broken down into smaller units to facilitate implementation.

The AFRC employees at Tinker who were switched to NSPS were all in non-bargaining unit positions, and about 30 percent of them were in supervisory positions, said Charles Carignan, chief of

an unacceptable level will receive the general pay increase and the locality pay increase received by GS employees in January.

NSPS officials are looking closely at Spiral 1.1 to identify any issues that arise during the transition period.

"We will be monitoring how these 1.1 activities go and continue to keep the lines of communication open with the senior leadership and employees, so we can get early indicators if there are any difficulties and look at them and determine if they are training

needs or if they are systemic things that need to be tweaked," said Mary Lacey, NSPS program executive director.

More non-bargaining unit employees will deploy to the new system in Spiral 1.2, scheduled for October, and in Spiral 1.3, scheduled for January. Bargaining unit employees will be converted at a later

See NEW CIVILIAN PERSONNEL SYSTEM, Page 5

Command personnel officials have asked that civilians at Naval Air Station Joint Reserve Base New Orleans, La.; Portland International Airport, Ore.; Gen. Mitchell Air Reserve Station, Wis.; and Willow Grove ARS, Pa., not be included in Spiral 1 since these bases will be undergoing closure activities during the conversion period. Air Force officials have yet to act on this request.

the civilian personnel division in the directorate of manpower and personnel at Headquarters AFRC, Robins AFB.

The performance appraisal cycle for the Tinker employees and the rest of the 3,100 Air Force civilians included in Spiral 1.1 began April 30 and ends Oct. 31. They will be eligible to receive their first performance pay increase in January. In addition, employees performing above

Air Force launched civilian self-service system June 1

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force launched two self-service modules that allows civilians to access their personnel information on June 1.

My Biz will provide civilian employees access and the ability to update information about themselves. **My Workplace** will provide military and civilian managers access to information about their staff.

"These modules provide enhanced access to personnel information by enabling civilians to access information they need immediately using the power of the Internet," said Col. James Sturch, Air Force Personnel Center director of civilian force integration. "These modules are a key part of our effort to transform the way we deliver personnel services and our goal to put information in the hands of those who own it."

My Biz allows employees secure, real-time, online access to view information such as benefits, awards and bonuses, and positions from their official personnel records. In addition,

employees may update their telephone number and e-mail address, disability codes, race and national origin (ethnicity and race identification), and foreign language proficiency online with My Biz.

My Workplace brings key information to civilian and military managers and supervisors about their employees together in one place, streamlining the human resources decision-making process and helping to balance managerial tasks with day-to-day demands more easily. My Workplace keeps managers and supervisors informed about their employees' personnel actions. With online access to employees' personnel information, managers are able to make budget decisions, manage staffing plans and work distributions more efficiently.

For more information about My Biz and My Workplace contact your local civilian personnel flight or visit ask.afpc.randolph.af.mil. (Courtesy Air Force Personnel Center News Service)

Justice for all

(This Story is the second in a three-part series on Maj. Yvonne Bradley's participation in terrorism hearings at Guantanamo Bay Naval Station, Cuba)

By SrA Dan Lanphear
913th Public Affairs

June begins a new round of hearings at Guantanamo Bay Naval Station, Cuba in the case of the United States v. Binyam Ahmed Muhammad (sic). Maj. Yvonne R. Bradley, a 913th assistant staff judge advocate, is appointed to represent Mr. Binyam Mohamed, who is detained at 'Gitmo,' in his defense against charges of conspiracy to commit terrorist acts.

Mr. Mohamed, along with nine other detainees at 'Gitmo' charged with alleged war crimes, is set to stand trial before a special court created by President George W. Bush. Held at Guantanamo Bay, Cuba, the court is actually a military commission operating under Article II of the U.S. Constitution which specifies the powers of the President of the United States.

The established Article II commission court differs greatly from U.S. federal courts, which are established under Article III of the Constitution. Article III of the Constitution outlines the power and authority of the federal courts and the U.S. judicial system.

The Article II courts created at 'Gitmo' operate under rules and procedures that differ in many aspects from federal criminal courts where certain constitutional and due

process protections would apply. According to Maj. Bradley, the commissions also do not fall within the realm of a military court martial where established rules of the Uniform Code of Military Justice would apply. It is a brand new proceeding with its own set of rules, law, and procedures which have been created in the last few years, says the Major. "A lot of this is being created and established anew, and a lot of the procedures are still being written," said Maj. Bradley.

The laws of the commission are being written by the commission itself—even while it convenes for hearings. Accordingly, questions have arisen regarding the commission's validity and legality. With procedures and laws being newly created and with them being constantly changed, modified and amended, Maj. Bradley states that she finds herself in a legal and ethical dilemma to make sure that Mr. Mohamed receives a 'full and fair' hearing.

This tenuous situation only adds to the tension and uncertainty for Maj. Bradley and her client. Amid the sea of controversy, Maj. Bradley rides the waves with her compass firmly pointed toward the legal and ethical high ground, but when the laws aren't yet set in stone, finding the high ground can be difficult.

The U.S. Supreme Court is expected to rule in June whether President Bush overstepped his Article II authority in ordering the detainees to be tried by U.S. military tribunals. Meanwhile, Maj. Bradley is still ordered to participate in the proceedings.

New civilian personnel system

Continued from Page 4

date, when issues are worked out between the government and union officials.

Spiral 1.2 will include AFRC non-bargaining unit civilians at March Air Reserve Base, Calif.; Eglin AFB, Fla.; Lackland AFB, Texas; McConnell AFB, Kan.; and Patrick AFB, Fla. Non-bargaining unit AFRC civilians at all other locations will be included in Spiral 1.3.

Command personnel officials have asked that civilians at Naval Air Station Joint Reserve Base New Orleans, La.; Portland International Airport, Ore.; Gen. Mitchell Air Reserve Station, Wis.; and Willow Grove ARS, Pa., not be included in Spiral 1 since these bases will be undergoing closure activities during the conversion period. Air Force officials have yet to act on this request.

In all, about 1,400 AFRC civilians will be transferred to NSPS during Spirals 1.2 and 1.3. Overall, the command has nearly 14,000 civilian employees.

NSPS got its start in 2003 when Congress granted DOD the authority to establish, in partnership with the Office of Personnel Management, a new civilian human resources management system to better support its national security mission. Highlights of the system include:

- A simplified pay banding structure, allowing flexibility in assigning work;
- Pay increases based on performance rather than longevity;

➤ A performance management system that requires supervisors to set clear expectations and employees to be accountable;

- Streamlined and more responsive hiring processes; and
- More efficient and faster procedures for addressing disciplinary and performance problems, while protecting employee due-process rights.

NSPS does not affect merit principles, rules against prohibited personnel practices, benefits, allowances and travel, subsistence expenses, training, leave and work schedules, anti-discrimination laws or veteran's preference.

AFRC civilians who will be converted to NSPS during Spiral 1 have been notified of the training they are required to accomplish before their transition, Mr. Carignan said. He encouraged all civilian employees to visit the AFRC, Air Force and DOD NSPS Web sites often to learn more about the system and stay current on NSPS progress.

"As we implement NSPS, there is definitely going to be a learning curve involved, and there will be adjustments that have to be made," he said. "As NSPS grows and changes, it's important that everybody stay informed about what is going on. The best way to do that is to check the Web sites frequently."

The AFRC NSPS Web site is located at <https://www.mil.a1.afrc.af.mil/DPC/NSPS/NSPS.htm>. The Air Force NSPS Web address is <http://www.af.mil/library/nsps%2Daf/>. The DOD NSPS Web address is <http://www.cpms.osd.mil/nsps/index.html>. (AFRC News Service)



Photo by Capt. Mark Medvesky

U. S. Air Force Col. Richard Hadad, an advisor with the Multinational Security Transition Command and Iraqi Air Force Col. A. J. Mohammed (right) are interviewed in front of a former Willow Grove C-130 aircraft by J. J. Green, (white shirt), WTOP/WFED, radio stations in the Washington, D. C. area and Lou Sessinger, (taking photo), Intelligencer newspaper in the Bucks/Montgomery, Pa. area.

Willow Grove becomes a long-term part of Iraq's future

By Capt. Mark Medvesky
913th Public Affairs

This piece will be a little different from most articles found in the Alerter. I had difficulty writing this story because of the frustration and uncertainty we have experienced since BRAC. During my travels in Africa and Southwest Asia, I received an e-mail from the Public Affairs representative at Sather Air Base in Baghdad. He wrote to tell me two of our former C-130s, 62-1839 (YI-301) and 63-7826 (YI-303), were now part of the new Iraqi Air Force at New Al Muthana Air Base, Baghdad, Iraq. The squadron is currently three C-130s. New Al Muthana AB is next to Sather AB around the Baghdad International Airport.

This is difficult to write because I know many of us had the same initial

reaction, they took our planes and we are closing. But after I thought about it, I realized the Iraqis did not take our aircraft. So, I wanted to see how our aircraft are impacting someone else's world. And I must say, we should be proud that we have delivered such a wonderful gift to a nation that is fighting to take back its own destiny.

Once I decided to pursue this story, I talked to others in the C-130 world about my plans. While at Balad AB, I met Lt. Col. Dan Dagher, 777 EAS commander. Last year, when commanding the 777 EAS at Ali Base in Iraq, he was the project officer and training instructor for the transfer of our aircraft to the IAF. He remembers that "the Willow Grove aircraft were the cleanest C-130s he had ever seen." He also pointed out to the

23rd Squadron commander that "the new Iraqi Air Force and the 23 Transport Squadron are now a part of Willow Grove and have become a continuation of its history and USAF heritage. In five years we'll see a well developed Iraqi Air Force and those C-130s will be a part of it. Each time we see those aircraft on the news we'll know it's a part of a great American flying squadron and their legacy."

Capt. Andy Parke, a pilot with the 777 EAS was part of the transition team at the time of the aircraft dedication. He explained that the members of the IAF were elated and honored to receive the aircraft, our aircraft, and celebrated their new air force. Again, he commented on how well we maintained our aircraft. In

See WG PART OF IRAQ'S FUTURE,

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WG part of Iraq's future

Continued from Page 6

fact, Capt. Rory Horan, maintenance chief for the Military Transition Team at NAMAB, said "the best flying plane is 303 (63-7826) which is from Willow Grove."

The greater part of this story is what the Iraqi crew members will endure to fly our aircraft. Lt. Col. Steven Gregorcyk, Base Support Unit Military Transition Team chief, stated "many of these Iraqis are living double lives." He explains they tell their families they are traveling to distance places to work civilian jobs. They stay on the air base for weeks without their families knowing they are serving in the IAF.

Col. Richard Haddad, senior U.S. advisor, New Al Muthana Air Base, explains many other Iraqi crew members send their families to other countries for safety from dangers that are very real.

Col. A. J. Mohammed, deputy commander 23rd Squadron, IAF and deputy base commander for NAMAB, explained he moves his family into a new location every few months. Since he has returned to the IAF, one of his brothers has been shot and killed by insurgents. His other brother was ambushed and shot 16 times and survived. He was an auto mechanic on his way to work when he was shot. Also, one of his interpreters is expected back to work this week after recovering from four gunshot wounds suffered in another insurgent ambush.

When he was asked why he takes such risks to be in the IAF, he responded "the only other option is to sit in my home and quit." "Nothing comes easy," he said and he referred to our revolutionary war as an example. "Nations never achieve freedom and democracy with honey, but with blood."

The name of the air base is actually "New Al Muthana Air Base." The original Al Muthana AB was dissolved by Saddam Hussein and given to his personal security force. The term "New" was specifically added to the title to honor the U.S. and signifies the new relationship between the USAF and IAF. Col. Mohammed explained history is important to the Iraqi people and this name will be a historical reference to our "new" allegiance.

The average age of the members of the 23rd Squadron, IAF is 48 years old

✈ Most if not all of the current members of the 23rd are former IAF members.

✈ The squadron is a mixture of Shiites and Sunni Moslems ... and they are truly comrades

✈ IAF members are currently training in the US and Great Britain.

✈ The USAF members currently assigned to the base are advisors and the IAF members are running the base.

✈ The IAF at NAMAB is building an instructor cadre and logistics system that will allow the unit to take complete control of the base.

"They do not have the luxury of flying in a safe place ... they are training in a combat zone." —Maj. Dave Osterhout, Operations Chief for the Military Transition Team at NAMAB.

913th nurse sees pain and suffering in Iraq

By Capt. Mark Medvesky
913th Public Affairs

Capt. John Keller, a nurse from the 913th Medical Squadron, deployed to the Air Force Theater Hospital at the Balad Air Base in Iraq. Capt. Keller serves with another nurse and two medical technicians in wards one and three at the hospital. He has been there just 12 short days but said he's gained a lifetime of experience.

We care for patients in the wards after they've entered through the emergency room and undergone surgery for their injuries, explained Capt Keller. "I've had patients from five months old to 50 year-old men." He further explained that he has seen a lot of suffering and is working hard with the medical staff to ease that suffering.

Since arriving at Balad, Capt. Keller has cared for patients with gunshot wounds, shrapnel injuries, burns, and massive head trauma. He praised the surgeons, saying they are wonderful, they practice life-saving measures on every patient.

The captain, a nurse at the Veteran's Administration Hospital in Coatesville, Pa., is scheduled to return home on Sept. 15. I miss my family and am looking forward to seeing them, said Capt Keller.

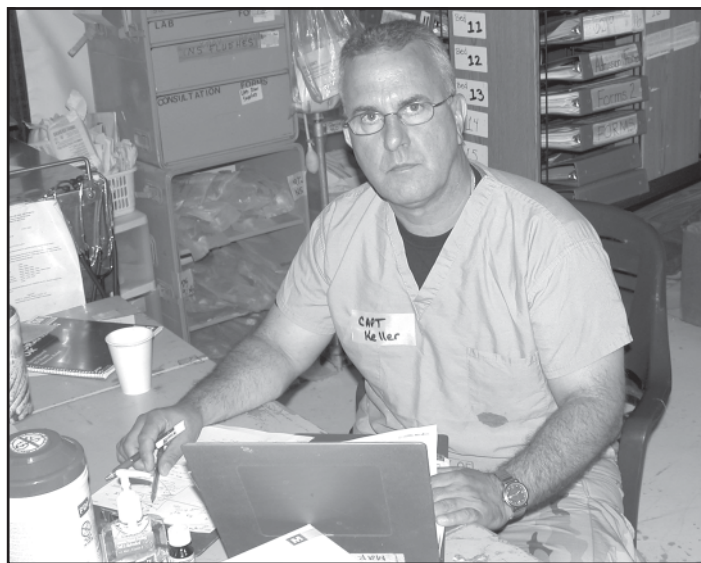


Photo by Capt. Mark Medvesky

Capt. John Keller, 913th MDS, in Balad only a short time has already helped care for patients with traumatic injuries ranging from gunshot wounds to massive head trauma.

Watch that speed; radar comes to Willow Grove

By Lt. Michael Riordan
913th Security Forces Police
Services Manager

On June 15, security patrols began to use radar as a means of enforcing posted speed limits on the Willow Grove Air Reserve Station. The speed limit on base is 25 MPH unless otherwise posted. A number of additional speed limit signs have been posted at various locations around the base.

Driving a government owned vehicle or privately owned vehicle on an Air Force installation is a privilege granted by the wing commander. Violators will be issued an Armed Forces traffic ticket. The mandatory point system and procedures outlined in AFI31-204 will be applied to moving violations. The point system applies to all individuals operating

POVs on the base or GOVs on or off the installation.

After violators receive a ticket,



they are to take the pink copy of the ticket to their supervisor. Their commander will receive the white copy and a letter from the security forces. The commander or designated

supervisor will conduct an inquiry and take or recommend administrative action. On the back of the white copy in blocks 24 through 29 in the "Report of Action Taken on Traffic Violation" section, the action taken should be annotated. This action must be completed within 10 days of receiving them for civilian employees and 30 days for reservists. It should then be returned to security forces.

A reminder to all, on February 27 Joint Traffic Regulation, AFI 31-218 (I), para 4-2c(3), went into effect and states that using a cellular phone without a hands-free device while operating a motor vehicle is prohibited. Using a cell phone while driving, without a hands-free device is considered a "primary offense" and violators can be stopped for this offense, and assessed three points.

Deadlines near for officer education opportunities

"Candidates will compete for all the programs which they are eligible for," said Sylvia Rutland, manager of AFRC A1 Manpower and Personnel's officer developmental education program. "Selection is not automatic."

ROBINS AIR FORCE BASE, Ga. — Sept. 15 is the deadline for Air Force Reserve Command officers to apply for next year's in-residence intermediate and senior developmental education courses.

Intermediate courses include the Air Command and Staff College, and the Joint Military Intelligence College. Senior courses include the Air, Army, Naval and National War College, Industrial College of the Armed Forces and the Harvard National Security Fellowship.

"Candidates will compete for all the programs which they are eligible for," said Sylvia Rutland, manager of AFRC A1 Manpower and Personnel's officer developmental education program. "Se-

lection is not automatic."

Instructions for submitting packages are on the Air Reserve Personnel Center's Web site under Air Force Reserve Developmental Education Designation Board at <http://arpc.afrc.af.mil/forcedevelopment/training/rdedb.asp>.

The board will decide in November who has been selected for a course.

In addition to regular continuing developmental education courses, AFRC has the opportunity to select two Reserve officers to attend the Canadian Forces College Joint Reserve Command and Staff Course.

Candidates must be a major or lieutenant colonel and be able to complete the course's four terms of study. The first three terms will be distance learning and

require about 85 hours of course work.

The course ends in a two-week in-residence program July 7-20, 2007, in Toronto, Ontario, Canada.

The purpose of the course is "to prepare selected senior reserve officers for tactical level command and staff appointments within operational level joint and combined headquarters."

The course does not fulfill any mandatory professional military education requirements. All nominations are due to AFRC A1TS by July 14.

Ms. Rutland can provide more information about these courses at 478-327-1291 or at DSN 497-1291, or via e-mail at sylvia.rutland@afrc.af.mil (AFRC News Service)

Personality Profile

Featuring Captain Lisa G. Lopez
Military Equal Opportunity Officer



By SrA Dan Lanphear
913th Public Affairs

Captain Lisa G. Lopez is the new military equal opportunity officer here. She transferred into the 913th last December following four years of active duty service.

A former missileer, she worked for the Peacekeeper missile program at F.E. Warren Air Force Base, Cheyenne, Wyo. The program closed down while she was involved, and she helped wrap it up before coming to Willow Grove.

Originally from Raleigh, N.C., she attended the University of North Carolina, graduating with double majors in art history and anthropology. She joined the Air Force for the exciting job opportunities, but was also motivated by her father's service in Vietnam.

Capt. Lopez now lives in Harrisburg, where she attends Temple University. She is working toward a graduate degree in social work, while also performing therapeutic staff support for children with autism. She said she enjoys helping people overcome social issues.

In her off-work time, she enjoys visiting with her parents, watching Carolina games, reading books and spending time with her two cats and her flop-eared Chihuahua, Philippe. "He's not show-quality, but he's cuter than the show dogs," she said. "Floppy-eared Chihuahuas are going to be all the rage."

Capt. Lopez is engaged to marry Capt. Josh Friedman, 913th Operations Support Flight, next year.

PT uniforms mandatory at CENTCOM locations

ROBINS AIR FORCE BASE, Ga. – Air Force reservists deploying to or traveling in the U.S. Central Command area of responsibility can now look forward to being more uniform more often.

Effective June 10, the Air Force physical training uniform will become more common as the wear of civilian PT gear will no longer be allowed in CENTCOM locations.

According to Air Force messages, the new policy is being coupled with a five-year, phase-in plan to provide enlisted reservists with the official PT uniform.

The plan, which took effect in October, places members of Air Force Reserve Command in categories as to the urgency of need.

For example, Airmen who are deploying to areas of responsibility where the uniforms are available will be some of the first people to

get them.

The next groups of people to get the uniforms are those activated in a contingency overseas and those projected to deploy to the AOR.

The remaining people will be issued uniform as funds permit.

Unit clothing monitors will help purchase the PT uniforms. To get a uniform, the Army Air Force Exchange Service requires proof of deployment from the unit deployment manager or commander.

For reservists who are not near an AAFES clothing sales store, the unit clothing monitor can make arrangements for the uniforms to be bought online.

The plan does not apply to officers. They have to buy the uniforms at their own expense as inventories allow.

Enlisted people who buy their own uniforms will not be reimbursed. (AFRC News Service)

Upcoming Event . . .

Change of Command Ceremony

August 5, 9:30 a.m.

Place to be determined

Col. Steven J. Chapman

Turns over his command of the

913th Airlift Wing to

Col. Reinhard L. Schmidt

Around the WING

Motocycle Safety

Does Your Family Know?

By 913th Safety Office

"You can't make me!" "I'll play your silly little game when I come on base but once I'm out the gate, it's "Easy Rider Time". The helmet comes off, gloves and goggles gone, the bright/contrasting/reflective garments covered up by my new leather. This is how a bike is supposed to be ridden. Cool!

The "silly little game" is to protect you! All of the requirements from DOD and the Air Force are established for a reason. They have come about because it's been proven that they're needed and can save your life.

What are we talking about? PPE for motorcycle riders, Personal Protective Equipment. You know the items that protect your body (i.e. helmet, gloves and proper clothing.) I have heard a lot of arguments about why people do not agree with wearing this equipment. After seeing all of the statistics, all of the reports and pictures of people involved in accidents who were not wearing PPE, motorcycle riders still try and justify not using this important equipment. To date I have never heard a valid reason.

All military members have to wear

the PPE on and off base. Regardless of what your state law says DODI 6055.4 rules. DOD civilian employees in a duty status also fall under this requirement. All personnel at any time on a DOD installation must have the correct PPE on.

Here is the kicker. Paragraph E3.2.9: Failure to wear the PPE or comply with licensing or operator training requirements may be considered in making line-of-duty determinations if the injury is from such nonuse of PPE or noncompliance. Wow, if it is determined that your injuries while involved in an accident were the result of not wearing your PPE, medical coverage may fall on you! **Does your family know this?** Are they ready to cover the bills if you are unable to work?

We are required to inform you of all of this. Through training and your safety briefings we stride to keep you informed of the importance of PPE.



But, what you do off base is a decision only you can make. However, the impact of your decision on your family also needs to be addressed. Think about this, do you buy lottery tickets? What are the chances of winning, 1000-1, 1,000,000-1, 10,000,000-1 or more? Yet you still buy one, "Just In Case." Why wouldn't you wear PPE, "Just In Case?" This has nothing to do with your ability to ride. External forces such as weather, road conditions, fatigue and the biggie-other drivers can wipe out all of the experience you have in an instant. You do not have any control over them.

When making the decision not to wear PPE, sit down with your family and explain to them why you feel compelled not to wear it. Take a picture of them and stick it inside of your helmet. When you drive out the gate and take it off, look at the picture again. Whether it's "Just In Case" or "Does Your Family Know", protect yourself and put it back on.

Please feel free to contact the 913th AW Safety Office for more information on this or any other safety topic at 215-443-1093.

Retirements: Farewell to...

CMSgt. Richard Almeida, 913th AW

TSgt. William Benedetti, 31st APS

CMSgt. Robert Grous, 31st APS

TSgt. Carol Robenalt, 92nd APS

TSgt. Andrew Roman, 913th MPF

New Members Welcome to...

AB Sally Granada, 31st APS

SSgt. John Matthews, 31st APS

A1C William Krieger, 913th AMSQ

AB Caryn Bordner, 913th MDS

SrA. Donna Menscer, 913th MDS

SSgt. Robert Sidebotham, 913th SFS

SGLI Premium Rate Increases

Effective July 1, the Servicemembers' Group Life Insurance premium rate increases from the current level of 6.5 cents per \$1,000 per month to 7 cents per \$1,000 of coverage per month. This will increase the premium rate for a servicemember, with the maximum coverage of \$400,000, from \$26 to \$28 per month (an additional \$1 per month is charged for Traumatic Injury Protection).

Also effective July 1, the Family SGLI premium rate will decrease. Members with the maximum coverage of \$100,000 will have the following amounts deducted per month for FSGLI, depending on the spouse's age.

Revised Rates for \$100,000 Coverage

AGE GROUP	NEW RATE	
UNDER 35	\$.055	\$5.50
35 - 39	.07	\$7.00
40 - 44	.09	\$9.00
45 - 49	.14	\$14.00
50 - 54	.27	\$27.00
55 - 59	.40	\$40.00
60 & Up	.52	\$52.00

Health Risk Assessment

Health Risk Assessment questionnaires must be completed within six months prior to the last day of the member's birth month annually. The HRA can be accessed at <https://www.wbits.afrc.af.mil>. Name, SSN, date of birth and date of rank are required.

913th MDS UTA Hours of Operation

Saturday

Reserve Component Periodic Health Assessments:

(Member must bring their immunization record)

0815 - Enlistment, Commission, Initial Flying Class III

All other physicals as scheduled through health monitors

DNA Specimen Collection: 0815-1115

Medical Records Window: 0800-1130 & 1300-1600

Combat Spectacle Inserts: 1300-1600

Immunizations: 0830-1115 & 1300-1600



Sunday: Closed for training

913th MPF UTA Hours of Operation

Saturday

0700 – 0730 All MPF offices closed for sign-in, CCs briefing, and administrative actions.

0730 – 1400 All MPF offices open

1400 – 1600 All MPF offices closed for in-house training and administrative actions.

Sunday

The following schedule will be strictly adhered to:

0700 – 1400 All MPF offices open

0800 – 1200 Testing in Bldg. 203, Rm. 113
(Please be prompt)

1400 – 1600 All MPF offices closed for in-house training and administrative actions.

Reserve Pay/Travel Office

Hours of Operation

Monday – Friday 0930–1130 and 1230–1430

Saturday (UTA) — 0800–1130 and 1230–1500

Sunday (UTA) — 1330–1600

Legal Office

Walk-in legal assistance, powers of attorney, notaries available:

Saturday UTA: 0900–1100 and 1300–1400

Sunday UTA: 0900–1000

Wills are by appointment only. You must pick up a will worksheet and complete it prior to your appointment.



UTA Schedule

Saturday

0630-0730 Sign-In (At Unit)
0715-1600 Newcomers Flight, B203/R213
0900-1030 Unit Deployment Meeting, B202, Bomb Shelter
1000-1100 Ground Safety Meeting, B203/TNET Room
1100-1300 Lunch Period (Staggered)
1300-1400 Supervisor Safety Meeting, (FEB, APR, JUN, AUG, OCT, DEC)
1400-1500 Personnel Training, B203/R213
1430-1530 Wing Education & Training Manager Meeting, B203/R113 (JAN, APR, JUL, OCT)
1500 Catholic Services, B203
1630 Sign-Out (At Unit)

Sunday

0700-0730 Sign-In (At Unit)
0715-0800 Flight Safety Council Meeting, B235/AUD (FEB, APR, JUN, AUG, OCT, DEC)
0715-1600 Newcomers Flight, Room TBD
0800 **Wing Commander's Call**, B203/AUD, (MAR, JUN, SEP, DEC), 913 MXS, 913 LRS, 913 CF, 913 OSF, 913 AW, 327 AS
0800-0900 Information Management –3AO Refresher, B203/R213 (JAN, FEB, JUN, JUL, AUG, OCT, NOV, DEC)
0800 AMN/NCO/SNCO of 1st Half Board, B203/R 206 (JULY)
0800-1200 ECI/CDC Testing, B203/R113
0830-0930 Unit Career Advisor Training, B203/AUD (JAN, APR, JUL, OCT)
0930 Protestant Service, Navy Chapel
1000 Community Action Information Board (CAIB) Meeting, B203/R164, (MAR, FEB, AUG, NOV)
1100-1300 Lunch Period (Staggered)
1300 Base Supply Training, B202/LRS classroom
1400 SORTS/INTEL Briefing, B203/R213
1400 HRDC Meeting, B203/R213 (JAN, APR, JUL, OCT)
1400 Public Affairs Meeting, B203/T-Net room (APR, AUG, DEC)
1400-1600 PERSCO Training, B203/R213
1500 **Wing Commander's Call**, B203/AUD (MAR, JUN, SEP, DEC), 913 MDS, 913 SFS, 913 CES, 913 SVF, 913 MSS, 31 APS
1600 PEP Promotion Packages due in Career Enhancement (NOV, MAY), (Board held in JAN and JUL)
1600-1630 Sign-out (At Unit)



Willow Talk

Family Support — Building 203, Room 163 — 1-800-895-3683 (Press 1)

Did you know...

- ➔ It is estimated that 150 million hot dogs will be consumed by Americans on July 4.
- ➔ The number of people living in the colonies in July 1776 was approximately 2.5 million.
- ➔ The number of people living in the United States in July 2006 is approaching 300 million.

Demobilization/Deactivation Briefings

As we look toward the end of 2006 and our deployment rotations begin to wind down, it's time to begin demobilization/deactivation briefings. It is mandatory for all members who have been activated to attend one of the scheduled briefings. We highly encourage and recommend your spouse also attend with you. These briefings will provide members/spouse with important information that could affect your military life as well as your personal life. The briefings will address such things as hardships, medical, travel/reserve pay, return and reunion, legal, Employer Support of Guard/Reserve, DD Form 214s, VA benefits and services, continued TRICARE coverage and education/training. It is also recommended that family members attend these briefings. All briefings will be held on a Tuesday and are scheduled to begin around 0730 and end around 1630 (times and dates are subject to change). The schedule is as follows: July 11; July 25; August 15; August 29; September 19; October 24; and November 14. Mark your calendars.

Job Stress

Stress is often described as the "fight-or-flight" response to danger. It is automatic — the muscles tense; the heart beats faster, and a rush of adrenaline gives extra energy and strength needed to fight or run away from danger. People experience this "fight-or-flight" reaction every day as tension, or stress.

Some physical and emotional symptoms of job stress are fatigue, upset stomach, tension headaches, weight loss, muscle tension, cold hand and/or feet, hostility, withdrawal from friends and relatives, substance abuse, and anxiety.

Stress can be positive or it can be negative but you can manage it. You can control the effects of stress in your life and work by understanding how stress affects your mind and body — and by following these simple suggestions: exercise regularly, eat right, get enough sleep, don't abuse alcohol or drugs, use your time wisely, improve your work habits, change personal habits, and learn to relax.

If you need help dealing with stress, maybe the Family Support Center can help. Please call us at 215-443-1544 or 800-895-3693. You may also call Military One Source at 800-342-9647 or visit the Web page at www.militaryonesource.com.

Kudos...

To the 913th Services Flight for co-hosting the 'Burger Burn' during May's UTA and the Logistics Readiness Squadron for hosting the Ice Cream Social during June's UTA. We look forward to seeing what events other units are willing to host to help boost morale and camaraderie in the 913th.

Get Physical

Being physically active reduces your risk of heart disease. In fact, physical inactivity may be just as bad as the other controllable risk factors for heart attack, smoking, high cholesterol and high blood pressure. By being active, you are also less likely to develop diabetes, osteoporosis, colon cancer, or become overweight.

Are you still reluctant to get moving? Then consider that each year up to 25,000 American deaths are attributed to a lack of regular physical activity. Reducing your risk of disease is an important benefit—but by being physically active, you will feel better too. You will have more energy; better blood circulation; stronger muscles, bones and joints; lower blood pressure; and greater self esteem.

Physical activity can also help you look better, lose excess weight, and have more energy for keeping up with your family. Spend less time watching television and begin an active hobby. If you are not already active, maybe it is time to get in on the action. (American Heart Association)

913th AW Public Affairs Office
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For the family of: